

## Mindful Self-Compassion: Core Skills Training

Chris Germer, PhD

May 6-7, 2017

Saturday and Sunday, 9 AM - 5 PM

in Stockholm

For someone to develop genuine compassion towards others, first he or she must have a basis upon which to cultivate compassion, and that basis is the ability to connect to one's own feelings and to care for one's own welfare...  
Caring for others requires caring for oneself.

- Dalai Lama (2000) -

This workshop is an introduction to [Mindful Self-Compassion \(MSC\)](#), an empirically-supported training program based on the clinical perspective of Chris Germer and the pioneering research of Kristin Neff.

MSC combines the skills of mindfulness and self-compassion to enhance our capacity for emotional wellbeing. Mindfulness is the first step—turning with loving awareness toward difficult experience (emotions, sensations, thoughts). Self-compassion comes next—bringing loving awareness to *ourselves*. Together, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives.

Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention from yourself when you needed it the most? All that's required is a shift in attention—recognizing that as a human being, you, too, are a worthy recipient of compassion. Self-compassion is learned, in part, by connecting with our innate compassion and it further expands our capacity to be compassionate with others.

Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. It is an inner strength that enables us to be more fully human—to acknowledge our shortcomings, learn from them, and make necessary changes with an attitude of kindness and self-respect.

Fortunately, self-compassion can be learned by anyone. After participating in this workshop, you will be able to:

- Practice self-compassion in daily life
- Understand the science of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Manage caregiver fatigue

- Practice the art of savoring and self-appreciation
- Teach simple self-compassion exercises to clients

Program activities include talks, meditation, experiential exercises, and group discussion. Participants will directly experience self-compassion and learn practices that evoke self-compassion in daily life. No previous experience with mindfulness or meditation is required to attend the program.

### **Instructor**

**Christopher K. Germer, PhD** is a clinical psychologist in private practice, a faculty member in psychiatry at Harvard Medical School, Cambridge Health Alliance, and a founding faculty member of the Institute for Meditation and Psychotherapy. He leads workshops internationally on mindfulness and self-compassion. He is a founding member and senior advisor for the Center for Mindfulness and Compassion. Dr. Germer is author of *The Mindful Path to Self-Compassion*, and co-editor of *Mindfulness and Psychotherapy* and *Wisdom and Compassion in Psychotherapy*.



[www.MindfulSelfCompassion.org](http://www.MindfulSelfCompassion.org) [www.CenterForMSC.org](http://www.CenterForMSC.org) Psychotherapy

### **Co-teacher**

**Camilla Sköld, PhD** is a registered physiotherapist with a basic training in cognitive relational psychotherapy who is an international teacher trainer in Mindfulness based Stress Reduction, MBSR. She has been teaching the MSC program in Stockholm since 2014. She is the founder of Center for Mindfulness Sweden and she initiated the first academic course in Mindfulness-based approach at the medical university, Karolinska Institutet, KI in 2007. She gained her undergraduate and doctoral at KI in Stockholm. Her doctoral degree is in neuroscience. She has many years of meditation practice that she started in the Zen tradition.

### **Course information**

*When:* May 6-7<sup>th</sup> at 9 am to 5 pm

*Where:* Barnhusgatan 22 (entrance code 7913)

*Cost:* 5.500 SEK + VAT

*To eat:* "fika" and lunch are included in the price.

*Language:* The course will be held in English

*To register:* [cfms.se](http://cfms.se)

Arranged in collaboration between

